



**C.D.H.S. FLAMES**  
**Fitness Room**  
**Membership Application**



|  |  |
|--|--|
| Last Name:   | First Name:  |
| Homeroom:  | Grade:   |
| Medical or Health Concerns:                                | Student Card Number:   |
| PAR-Q & YOU (complete & attached) <input type="checkbox"/> | Fee Paid: \$20/yr or \$15/sem<br>Cash or Cheque or Cash Online |
|  | Invited on Edsby <input type="checkbox"/>                      |

Fitness Room Orientation Completed On \_\_\_\_\_

Verified By (Student/Teacher Supervisor) \_\_\_\_\_

\*Students may only use the fitness room when qualified staff is supervising.

Hours:           Lunch           11:45 am – 12:15   Monday – Friday  
                   After School  3:10 pm – 4:15 pm   Monday - Thursday

\*Students **must** accept their invitation on Edsby in order to use the fitness room.

**Student must abide by all of the fitness room rules of membership and safety. If this privilege is abused membership will be revoked without refund. (See back)**

Any questions phone 653-3060   Ext. 226           Mr. Saito  
   Ext. 218           Mrs. Gee-Conte

I have read and understand the contract and rules of use for the fitness room.

Student Signature: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_  
 (Students under 18 years)

Date: \_\_\_\_\_

# Fitness Room Rules

**\*Safety is always the first priority. Equipment must be used correctly and carefully at all times.**

1. Must be changed into proper gym attire.
2. **Water only**, no food due to potential allergies.
3. Wipe down equipment with cleaner and towels provided after use.
4. **Always put equipment away.**
5. Damage or abuse of equipment will not be tolerated.
6. Spotters must be used for free weight bench press and squat rack.
7. All weight plates must be returned to stands provided.
8. Any damaged equipment must be reported immediately.
9. All equipment must stay in the fitness room.
10. Be respectful, work hard and enjoy the use of the fitness room!